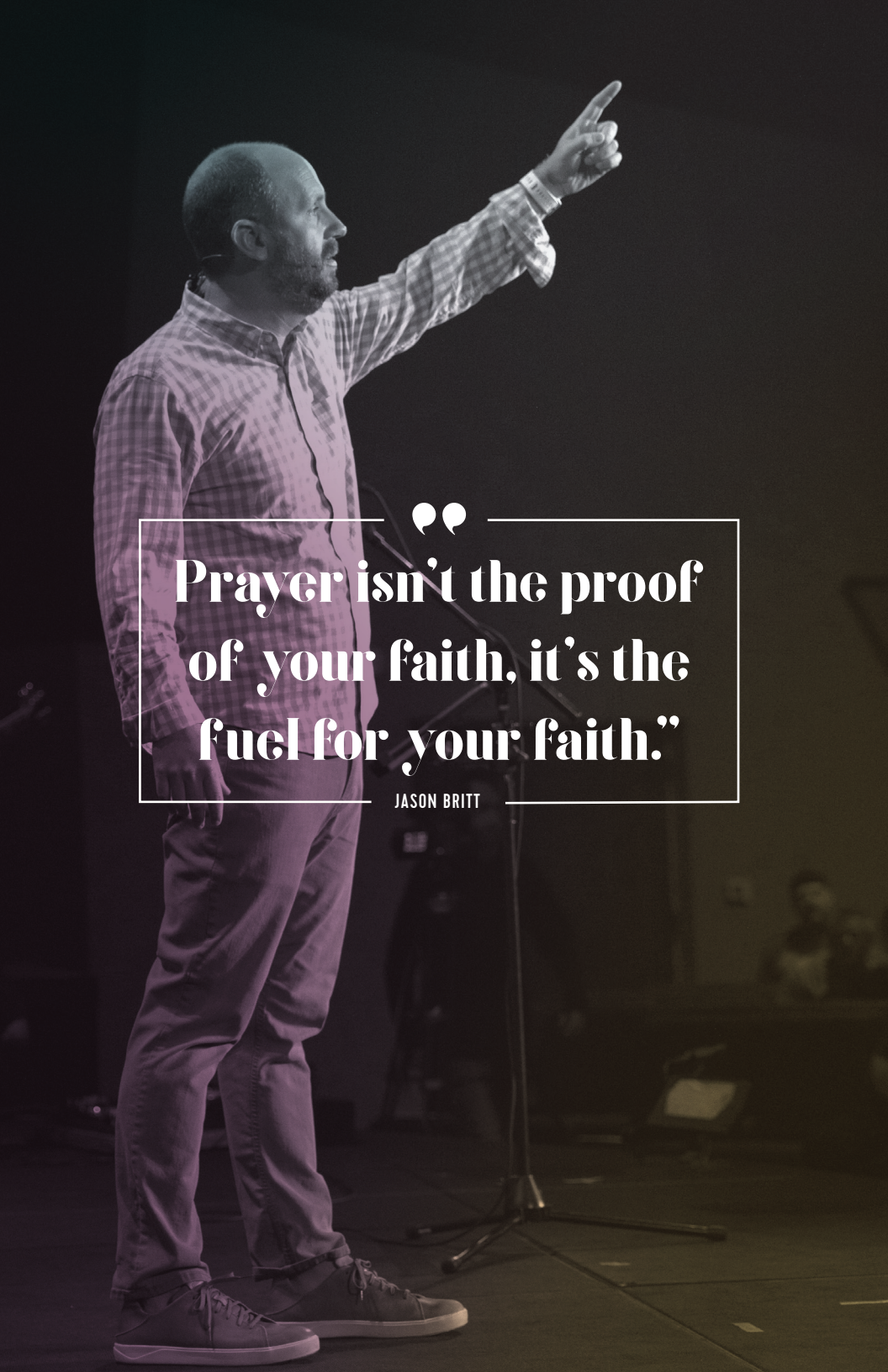


A large, stylized number '21' in a gold color. The '2' has a thick, flowing, calligraphic style with a large loop at the top and a wide base. The '1' is a simple, tall, gold-colored vertical bar.

DAYS OF PRAYER & FASTING

— 2022 —

A man with a beard, wearing a plaid shirt and dark pants, stands on a stage, pointing his right hand upwards. He is looking in the same direction. The background is dark, and there are some stage lights visible.

“
**Prayer isn't the proof
of your faith, it's the
fuel for your faith.”**

JASON BRITT

Dear Bethlehem Church,

In January of 2021, we kicked off the new year and called our church to participate in 21 days of corporate fasting and dedicated prayer. This time of prayer and fasting strengthened us as a church like never before. Through a unified time of fasting at the beginning of the year, we set the tone and the trajectory of our church, renewing our commitment before the Lord. We saw so much fruit and heard countless stories of breakthroughs during that time, and we are excited and expectant as we prepare ourselves to do it again this year.

There is supernatural strength in corporate prayer. Jesus said, “If two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven” (Matthew 18:19). When we share the experience of fasting and praying together as the body of Christ, we will have more focus and power in our prayers and take new spiritual ground.

As we seek God's face, the purpose of our fast will be to focus on the repentance of sin and unbelief in our lives, turning from our sin and asking God to establish us with His truth. Psalm 139:23-24 says, “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting.” God loves us too much to leave us in our sin. We are fully seen by God, and still passionately pursued by Him. Ask God to show you specific areas in your life that are in need of repentance and ask for forgiveness. Pray that God reveals strongholds and generational sin or habits that He wants to deliver you from so that you may experience freedom and new, abundant life in Christ. I believe that God is calling Bethlehem to new heights as a church; and in order for that to happen, we must take new ground in our own personal spiritual lives. If we are all seeking God's will and fasting together, imagine what we could accomplish in a place of unity and faith!

I am praying for you as you seek God during this time!

Be blessed,
Jason

SO JESUS SAID TO THEM,
“BECAUSE OF YOUR UNBELIEF; FOR ASSUREDLY, I SAY TO YOU,
IF YOU HAVE FAITH AS A MUSTARD SEED, YOU WILL SAY TO THIS
MOUNTAIN, ‘MOVE FROM HERE TO THERE,’ AND IT WILL MOVE,
AND NOTHING WILL BE IMPOSSIBLE FOR YOU. HOWEVER,
THIS KIND DOES NOT GO OUT EXCEPT BY PRAYER AND FASTING.”

Matthew 17:20-21 NKJV

Why Do We Fast?

**God created us with the need and the desire for food,
so why would we choose to go without it?**

Fasting is going without food for a predetermined length of time for spiritual reasons. As humans, we are so often driven by our fleshly appetites and desires, and fasting humbles us and also awakens us to our great spiritual need and hunger for God.

Fasting for spiritual and health reasons is an ancient practice, and we see fasting practiced all throughout Scripture. Moses, Daniel, Ezra, Esther, Nehemiah, John the Baptist, and Paul all fasted. Even Jesus Himself fasted (Matthew 4:1-11). When talking to His disciples, Jesus said, “When you fast...” not *if* you fast (Matthew 6:16). Though we are not required to fast in order to be saved, fasting was an expected discipline throughout the Old and New Testament and should be a regular spiritual practice in the life of a believer to help build our character, draw us near to God, and strengthen our faith.

When you have been praying for something for a long time and haven’t seen the results you want, fasting can help bring the breakthrough you are seeking. When you give up a necessity like food, it gets God’s attention and lets Him know you are serious. We do not fast in order to manipulate or coerce God into answering our prayers, but rather to acknowledge our complete dependence on Him in all things. Fasting is saying that we desire the Lord more than we desire this thing. As Pastor Jason says, when we fast, we are declaring before Him, “I need You more than I need _____.”

The goal of fasting is to eliminate distractions and align ourselves with God, praying according to His will, not ours. Fasting gives us spiritual eyes to see, gaining His perspective on how we may pray in order to accomplish His purposes. In essence, we are declaring and demonstrating, “Thy Kingdom come, Thy will be done.”

What Do We Fast?

THERE ARE 4 TYPES OF FASTS

COMPLETE FAST

In this type of fast, you drink only liquids. Typically water and/or light juices.

SELECTIVE FAST

This type of fast involves removing certain foods from your diet. One example of a selective fast is the Daniel Fast, named after Daniel the prophet in the Old Testament, during which you remove meat, dairy, sweets, alcohol, and bread from your diet, and consume water and juice for fluids and plant-based foods.

PARTIAL FAST

This fast involves abstaining from entire meals for a designated amount of time. One example of this fast is called the “Jewish Fast” which is a full-day fast that begins with sunset in the evening and continues until sunset the next day. A minor fast day begins at dawn and concludes in the evening. This can either correlate to specific times of the day, such as 6:00am to 3:00pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. Set limits on your screen time and/or your media use. You might give up certain movies and television entirely or just at certain times of the day or week. You could say no screen time after a certain time. Or delete the social media app you use the most on your phone. Then, use that time you would have otherwise spent on a screen in prayer and studying the Word.

Bottom line: Keep it simple.

Choose something that has become a distraction or a hindrance for you, or something that is dominating too much of your time and eliminate it. Whatever you choose to fast, take the time you would normally spend doing the activity from which you are fasting and spend it with God in prayer. Your fast may appear to be simple to some, but it is a huge step of faith, especially if you are new to fasting. Each person should commit to fast at his or her individual level of ability and availability during the next 21 days.



Preparing for Your Fast

As you consider fasting, we want to encourage you to spend some time in prayer, ask God to lead you in this time of seeking His face, and listen to the Holy Spirit for His direction. Ask Him specifically what He wants you to fast. Whether you choose to fast one meal every day or a certain type of food for 21 days, the point is to humble yourself in a new way and draw near to God to experience greater intimacy with Him.

When you fast, expect resistance. Our spiritual enemy, Satan, will oppose you just as he opposed Jesus when He fasted (Matthew 4). The devil does not easily give up any territory he has conquered. But, 1 Peter 5:8-9 says, “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.” Fasting is spiritually and physically challenging, but we embark on this adventure not with fear, but fully believing and expecting that God will fight for us as we pray.

How to Use This Guide

There is no specific formula on how to pray. Prayer is simply talking to God. Praying Scripture, God’s words, back to Him, and reminding yourself of His promises is a great way to connect with Him and know His will and direction for your life.

The goal of using this guide is not to add pressure or overwhelm you, but to help you get comfortable talking to God and provide structure for your prayers. Use this prayer guide as a tool to pray intentionally. If your mind wanders, use the prayer prompts to restore your focus. Feel free to add your own personal prayers as well.

As you pray, be sure to take time to listen. Write down what God may be speaking to you in the journal space provided. To make your prayer time even more meaningful, you can write notes or prayer requests and play worship music in the background. The most important step is committing to regularly entering God’s presence through prayer.

This guide was written to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it’s a “get to,” not a “got to.” It’s a privilege to be able to come to God in prayer.



DAY 1

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting.

PSALM 139:23-24, ESV

God, You created me. You know me better than I know myself. Search my heart and point out anything that offends You. Give me the power from Your Holy Spirit to turn from it in Jesus' name. Replace it with a greater love for You.



FOR FURTHER STUDY, READ PSALM 139:13-24

DAY 2

For God is working in you, giving you the desire and the power to do what pleases him.

PHILIPPIANS 2:13, NLT

God, thank You for Your Holy Spirit working in me, giving me not only the desire to do Your will but also the strength to accomplish it. Help me to cooperate with Your Holy Spirit, and give me the mind of Christ. I surrender all to You, Lord. I long to do what is pleasing in Your sight.



FOR FURTHER STUDY, READ PHILIPPIANS 2:1-15

DAY 3

The father instantly cried out, "I do believe, but help me overcome my unbelief!"

MARK 9:24, NLT

God, I know that the root of all sin is unbelief. God, I do believe You. I believe in Your authority and Your Word. I declare my trust in You, and I repent of my unbelief. Deepen my trust in You and fill me with faith.



FOR FURTHER STUDY, READ MARK 9:14-29

DAY 4

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

HEBREWS 11:6, NLT

Father, I ask You to give me eyes of faith because I know that without faith it is impossible to please You. I pray that You will help me live out the life You created for me to have through faith.



FOR FURTHER STUDY, READ HEBREWS 11:1-39

21

DAYS OF PRAYER & FASTING



DAY 5

But when he, the Spirit of truth, comes,
he will guide you into all the truth.

JOHN 16:13, NIV

God, point out any lies that I have believed. Thank You for giving me the Spirit of truth. Lead me and guide me into all truth.



FOR FURTHER STUDY, READ JOHN 16:5-15

DAY 6

Don't copy the behavior and customs of this world,
but let God transform you into a new person by
changing the way you think. Then you will learn
to know God's will for you, which is good
and pleasing and perfect.

ROMANS 12:2, NLT

God, I repent of any areas where I have conformed to the behaviors and the customs of this world. Transform me by renewing my mind and changing the way I think through Your Spirit of truth and Your Holy Word. Thank You for the opportunity to become a new person in Christ.



FOR FURTHER STUDY, READ 2 CORINTHIANS 5:16-21; ROMANS 8

DAY 7

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

2 CORINTHIANS 10:4, NIV

God, help me to rely on You when I am tempted to take matters into my own hands or rely on my own strength. Your ways are not my ways. Your thoughts are higher than my thoughts. I want to experience miracles and breakthroughs because of Your power in my life.



FOR FURTHER STUDY, READ EPHESIANS 6:10-18

DAY 8

The thief comes only to steal and kill and destroy.
I came that they may have life and have it abundantly.

JOHN 10:10, ESV

King Jesus, thank You for the abundant life You came to give me. Help me to live the life You gave me out of an abundance mindset, not one of scarcity.

I want all that You have for me, Lord. Help me not to settle for lesser things that only steal, kill, and destroy, and let me receive the abundant life that You promise me—a life that only You can give.



FOR FURTHER STUDY, READ JOHN 10:1-18

21

DAYS OF PRAYER & FASTING



DAY 9

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

ROMANS 2:4, NLT

Father, thank You for the loving-kindness that You have shown to me. Thank You that it is Your kindness that draws me to You and leads me to repentance. God, give me the faith, strength, and wisdom to turn from my sin and follow wholeheartedly after You, knowing that a life lived following You is far better than anything I can ever imagine.



FOR FURTHER STUDY, READ ROMANS 2:1-11

DAY 10

But I say to you, Love your enemies and pray for those who persecute you...

MATTHEW 5:44, ESV

God, right now I am thinking of those who have sinned against me, and I ask You to bless them. Lord, reveal Yourself to them, that You love them, and that You sent Your Son to die for them on the cross. I pray that they would know how much You love them. Bring reconciliation and healing in Your name, and fill me with Your love for all people.



FOR FURTHER STUDY, READ ROMANS 12:9-21

MATTHEW 6:14-15, ESV

FOR FURTHER STUDY, READ MATTHEW 18:21-35

EPHESIANS 3:16-17, NLT

FOR FURTHER STUDY, READ EPHESIANS 3:14-21; JEREMIAH 17:5-10

[illegible]



DAY 13

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them.

1 TIMOTHY 2:1, NLT

Father God, I pray for the people You have placed in my life. Today I specifically pray for my family and those closest to me. Thank You for placing them in my life. Jesus, pursue them and draw their hearts closer to You. Lead them, help them to hear Your voice, and empower them to obey You. I pray that they would know and understand the truth and be saved.



FOR FURTHER STUDY, READ 2 PETER 3:8-10

DAY 14

Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth.

1 TIMOTHY 2:2-4, NLT

God, I lift up those in high positions of authority in government. Direct their hearts. There is no authority except from You, and those that exist have been instituted by Your hand. Give them wisdom through Your Holy Spirit and lead them to a saving knowledge of Jesus Christ if they don't already know You. Bless them so that we can live peaceful and quiet lives marked by godliness and dignity.



FOR FURTHER STUDY, READ COLOSSIANS 1:16-17; ROMANS 13:1

And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should.

COLOSSIANS 4:3-4 NIV

Father, I ask that You would create opportunities for me to be able to share the mystery and hope of Jesus with others today. Allow me to cross paths with the people whom You are pursuing, and use me as an instrument to draw them closer to Your heart. Give me the eyes to see these people, the faith to believe You have appointed the moment, and the words to boldly proclaim Your love and grace.



FOR FURTHER STUDY, READ COLOSSIANS 4

DAY 16

“And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

MATTHEW 16:18-19, ESV

King Jesus, thank You for Bethlehem Church. God, I pray that our church would continue to be a light in this dark world. Bless all Bible-believing, truth-preaching, and Jesus-following churches in our community to continue to stand strong against the powers of darkness and fight the good fight. Thank You for giving us the keys to the kingdom of heaven, and we ask that Your power and Your love, through Your Holy Spirit, would be poured out in new measures, in Jesus' name.



FOR FURTHER STUDY, READ MATTHEW 16

21

DAYS OF PRAYER & FASTING



DAY 17

Preach the word of God. Be prepared, whether the time is favorable or not. Patiently correct, rebuke, and encourage your people with good teaching. For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear. They will reject the truth and chase after myths. But you should keep a clear mind in every situation. Don't be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you.

2 TIMOTHY 4:2-5, NLT

Father, I lift up the global Church to You. God, I pray that You would open doors for our brothers and sisters in Christ throughout the world to preach the truth and proclaim the mystery of Christ whether the time is favorable or not. Give them a steadfast spirit, and help them to stand firm in the face of adversity and persecution. Give them a holy fervency for Your Church. Help them not be afraid to suffer for You, that they would work hard at telling others the Gospel, and fully carry out the ministry You have given them.



FOR FURTHER STUDY, READ 2 CORINTHIANS 11:24-28

DAY 18

When He saw the crowds, He had compassion on them because they were confused and helpless, like sheep without a shepherd. He said to his disciples, "The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask Him to send more workers into His fields."

MATTHEW 9:36-38, NLT

God, we know that the harvest for people to come to know You is plentiful, please call forth Your laborers to partner with You and serve You. Send out Your people with hearts on fire for the lost, and bring them home to You. For we know that it is Your will that none should perish but that all would turn and repent and know You.



FOR FURTHER STUDY, READ LUKE 10:1-18

MATTHEW 22:37-40, NIV



LUKE 8:38-39, NLT

[illegible]



DAY 21

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

ISAIAH 58:6-8, NIV

Heavenly Father, as I end this fast, I pray that Your presence would continue to guide me, Your Holy Spirit would fill me, and help me to walk in the way of the righteousness of Jesus. God, I give You my life. I make myself a living sacrifice for You. Fill me, every part, and use me to bring glory to Your name. Help me to live for You, hear Your voice, and to do Your will. Your kingdom come, Your will be done on earth and in my life as it is in heaven. I surrender my life to You, help me to become more like Jesus. In His name I pray, Amen.





**BETHLEHEM
CHURCH**